

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Chet Janik

County Administrator

(231) 256-9711

County Commissioners

Rick Robbins

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 409-1140
rrobbins@leelanau.gov

Debra Rushton

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 941-8286
drushton@leelanau.gov

Lois Bahle

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 271-3641
lbahle@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Patricia Soutas-Little

District #5
(Leland & Centerville Townships)
(231) 218-8496
psoutaslittle@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 947-2509
mlautner@leelanau.gov

July / August 2022

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

It is Summer! A season longed for during those bitter, snowy days of winter past. As the sun beats on my face, I vow to take it all in because I know that in a fleeting moment it will begin to wane as Fall begins to make its entrance. I recently reread the poem, *The Summer Day* by Mary Oliver, and have since repeated the last two lines in my head, "Tell me, what is it you plan to do with your one wild and precious life?". These last two years I have been reminded of how precious and short life can be.

When I was younger, I was overwhelmed with thinking about what I will do with my life. Is the question referring to the type of work I will engage in, or the philosophy of how I plan to approach all of life's challenges and opportunities? As I repeated those words in my head, I made the decision to break it down into a season. So, I began to ask myself what will I plan to do this summer. As of July 1, there are 83 days and 1,92 hours remaining until it is officially Fall. I immediately took action and my family and I sat down and made a Bucket list of all the things we wanted to do and see this summer. This list will serve as our guide to ensure we do not miss out on fun events, discussions about the color and activity of the water, and those sacred moments of just being with one another. When we watch the sun set and check off a day, I want to know that we honored ourselves, and were able to follow our heart's desire during those 24 hours.

I have recently noticed as people are on the precipice of retirement there is an excitement for an anticipated freedom. Freedom is individually defined. I have learned so much about life in my observations of how people negotiate their new found freedom. Freedom can mean a resignation from activities that require having to be somewhere at a particular time. Freedom can provide the opportunity to reinvent oneself. Your freedom allows you some time to review your dreams and bucket list of what you want to do with your wild and precious life.

There are 83 days left of summer. How are you going to spend those days? When fall arrives, how are you going to invest your time? Leelanau County has a large percentage of individuals over the age of sixty that have a new found freedom of time. Retirement is a new chapter in life and a great opportunity to try something new (hobby, career, volunteering, attitude, etc.). I am challenging you to ask yourself the hard question of, "What do you want to do in this next chapter of life?" Dust off some of your dreams, make a list of things you would like to see and do. If you do not have the specific action words, maybe begin with how you would like to feel each day (happy, loved, peaceful, excited, etc.)

You are a vital part of our community. We want to see you having fun and living a life that brings you great joy. We want to hear your ideas. We want to listen to your advice and words of wisdom. We want to hear the stories from your greatest adventures during this next chapter of life. Enjoy these precious summer days.

Warmly,

April

Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA

Senior Day at the Fair



Monday: August 8, 2022

12:00 p.m. - 6:00 p.m.

Free Admission & Parking for seniors over the age of 60

Gift bags for the first 150 guests

Door Prizes, Cardio-Drumming, Health Screenings

Don't forget the animals!

Sponsored by:

B • A • S • A

Bay Area Senior Advocates



ESTATE PLANNING

Planning for your future with your family and loved ones can be stressful. Leelanau County Senior Services is working with Swogger & Bruce Law Firm to help with your estate planning.

The initial appointment is a free service to discuss your individual needs and plans.

Call LCSS to schedule your appointment today.
(231) 256-8121

Covid Vaccines



LCSS is working with the
Benzie-Leelanau Health Department
scheduling Covid vaccines.

Call LCSS (231) 256-8121 to schedule your
vaccine or booster.

SCHEDULE A
COVID-19 VACCINE
APPOINTMENT



**Fire and Rescue
Non Emergency
Numbers:**

Sheriff's Office
256-8800
Cedar Fire and Rescue
228-5396
Elmwood Twp
Fire & Rescue
941-1647
Glen Lake Fire Dept.
Station 1: Glen Arbor
334-3279
Station 2: Empire
326-5250
Grand Traverse Band
Fire/Rescue
534-7666
Leelanau Township Fire
386-5343
Leland Fire and Rescue
256-7760
Suttons Bay-Bingham
Fire/Rescue
271-6978

Euchre

LCSS is looking to re-start the monthly euchre game in the lower level of the Government Center.

We are looking for volunteers to facilitate the game.

Please call LCSS if you are interested in volunteering.



Summer is here.....so is the heat

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods - both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- ♦ Don't wait until you feel thirsty to drink water or other fluids.
- ♦ Take sips of water, milk, or juice between bites during meals.
- ♦ Add liquids throughout the day.
- ♦ Have a cup of low-fat soup as an afternoon snack.
- ♦ Drink a full glass of water when you take a pill.
- ♦ Have a glass of water before you exercise.
- ♦ Drink fat-free or low-fat milk, or other drinks without added sugars.
- ♦ If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men
- ♦ Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.
- ♦ "When you pass the sink....take a drink." - Cathy Hartesvelt

10 Reasons To Drink More Water

1. Keeps skin healthy and glowing
2. Energizes the muscles
3. Suppresses over eating
4. Helps to lose weight
5. Fights bloating
6. Regulates body temperature
7. Boosts immune system
8. Keep kidneys healthy
9. Detoxifies
10. It is the best non-calorie beverage



C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297
or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Foot Care Program

Foot Care Vouchers Are Available

\$15.00 ea

Seniors can purchase up to 6 vouchers annually.

There are 3 ways to purchase your vouchers.

Mail a check

Call and pay by credit card

Stopping in the office

LCSS is collaborating with Comfort

Keepers to provide a foot care clinic

the first Friday of each month

from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

Upcoming schedule:

Friday, July 1, 2022

10:00 a.m.—1:00 p.m.

Friday, August 5, 2022

10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her salon, *Linda Lou's* in Lake Leelanau.

You may contact her directly to schedule an appointment.

Her phone number is (231) 883-4529.

WHY DO DOGS NEED A LICENSE BUT CATS DON'T?



LEELANAU COUNTY
SENIOR SERVICES

Need Help With Health Insurance?

Medicare

New to Medicare?
What if I'm still working?
Need Drug Coverage?
Advantage Plans?
Medicare Supplements?

Medicaid

Help with Medical Costs?
High Prescription Prices?
Questions about your bills?
Medicaid Forms Confusing?



Call Leelanau Co. Senior Services
231-256-8121

No Cost. No Sales Pitch!
**Just help from a certified
Medicare Counselor**

LEELANAU COUNTY SENIOR SERVICES

8527 E Government Center Drive, Suite 106—Suttons Bay MI 49682
231-256-8121

Independence Day celebrations can trigger PTSD in veterans

Independence Day fireworks is an American tradition, but mental health professionals say that holiday revelers should be mindful of their neighbors who served in the Armed Forces, as it could be a source of stress and a reminder of wartime.

Bradley Jacobs, a suicide prevention coordinator for the Department of Veteran's Affairs, says that Independence Day celebrations can trigger some PTSD reactions.

"That could be from large crowds, to bright lights, certain smells and the sounds of explosives," Jacobs says. It's important for a veteran who might be suffering from PTSD to learn their warning signs and also know who they can talk with if they're experiencing a crisis.

"Who are the people you reach out to for help? Have those numbers available. Having any kind of human connection when you're experiencing an emotional reaction is just vitally important," says Jacobs. Veterans as well as their friends, family and neighbors are encouraged to call the veterans crisis line if there's a suspicion of PTSD.

As the holiday approaches, mental health providers want to remind Americans to be mindful of their friends, family or neighbors who served. PTSD can look different for every person, but some signs to look out for can include but not limited to, clenching teeth or fists, pacing, shortness of breath and strong emotional reactions.

Veteran's crisis line: 800-273-8255, press option 1

Text: 838255

Webchat: [veteranscrisisline.net](https://www.va.gov/new-jersey-health-care/news-releases/independence-day-celebrations-can-trigger-ptsd-in-veterans/)

<https://www.va.gov/new-jersey-health-care/news-releases/independence-day-celebrations-can-trigger-ptsd-in-veterans/>

Caregiver Support Group

Presented by: Alzheimer's Association of Michigan and Leelanau County Senior Services

**Please join us by phone or Zoom
on the 4th Wednesday of each month 2:00 p.m.-3:00 p.m.**

*For questions and information call LCSS
and ask for Victoria. 231-256-8121*

Visit alz.org/gmc to learn more about caregiver programs and resources.



To further extend your network of support,
visit our online community,

July 2022

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Elmwood foot care clinic	2
3	4 Independence Day Office Closed	5 VA* Empire Food Pantry 4:30-5:30	6	7 MMAAP Specialist	8	9
10	11 LCN 2-6 Food Pantry	12 VA* Empire Food Pantry 4:30-5:30	13	14 MMAAP Specialist	15	16
17	18 LCN 2-6 Food Pantry	19 VA* Empire Food Pantry 4:30-5:30	20 MMAAP Specialist	21	22	23
24 31	25 LCN 2-6 Food Pantry	26 VA* Empire Food Pantry 4:30-5:30	27 Alzheimer's Zoom Meeting	28	29	30

Food Commodity or Surplus every 3rd Tuesday of every month

August 2022

For more information on surplus & commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LCN 2-6 Food Pantry	2 VA* Empire Food Pantry 4:30-5:30	3	4 Estate Planning	5 Elmwood foot care clinic	6
7	8 Senior Fun Day LCN 2-6 Food Pantry	9 VA* Empire Food Pantry 4:30-5:30	10	11 MMAAP Specialist	12	13
14	15 LCN 2-6 Food Pantry	16 VA* Empire Food Pantry 4:30-5:30 Smart Driver Class	17 AARP Smart Drivers Class	18 LCSS Picnic 12:00 p.m.	19	20
21	22 LCN 2-6 Food Pantry	23 VA* Empire Food Pantry 4:30-5:30	24 Alzheimer's Zoom Meeting	25 MMAAP Specialist	26	27
28	29 LCN 2-6 Food Pantry	30 VA* Empire Food Pantry 4:30-5:30	30	31		

Food Corner

I am very sorry I left out the most important item. We are running this again with the corrections. ~Armanda

Chicken Manicotti with Chive Cream Sauce

*Pasta cooking for today
Better Homes and Gardens*

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

- 12 packaged dried manicotti shells
- 1 8-oz container soft-style cream cheese with chives and onion
- 2/3 cup milk
- 1/4 cup grated Romano or Parmesan cheese
- 2 cups chopped cooked chicken (around 10 oz)
- 1 10-ounce package frozen chopped broccoli, thawed and drained
- 1 4-ounce jar diced pimiento, drained
- 1/4 teaspoon pepper

Paprika

- Cook the manicotti shells according to the directions on the package. Drain shells; rinse with cold water. Drain again.
- Meanwhile, for sauce, in a small heavy saucepan melt cream cheese over medium-low heat, stirring constantly.
- Slowly add milk, stirring til smooth. Stir in cheese. Remove from heat.
- For filling, in a medium mixing bowl, stir together 3/4 cup of the sauce, chicken, broccoli, pimiento, and pepper. Using a small spoon, carefully fill each manicotti shell with about 1/3 cup of the filling.
- Arrange the filled shells in a 3-quart rectangular baking dish. Pour the remaining sauce over the shells. Sprinkle with paprika. Cover with foil.
- Bake in a 350° oven for 25—30 minutes or till heated through. Makes 6 main-dish servings.

*Nutrition information per serving: 396 calories, 25 g protein,
31 g carbohydrate, 18 g fat (9 g saturated),
92 mg cholesterol, 257 mg sodium, 389 mg potassium*

Low on food? LCSS can help!

We here at LCSS love cooking and eating. We share recipes, talk about what we created for last night's dinner, and if we are lucky, we get a tasting.

When the pandemic began, we were saddened to learn how many of our residents and community members don't always have enough to eat, and due to fixed budgets are not always able to purchase fresh produce, or partake of some of the simple pleasures in life such as coffee/tea. We recognize that it is difficult to ask for help, especially when it comes to food; we do not want anyone to go without.

We are well connected with organizations and resources available to assist seniors in meeting their dietary needs. We are firm believers in not saying "no" when it comes to donations and access to resources. As a result, we may be able to assist you in meeting your basic needs as well as occasionally be able to offer some of those simple pleasures in life: coffee, apples, fresh produce.

If you or someone you know struggles to purchase or even be able to get to a store please reach out to us. We would love to work with you to ensure your belly and heart are full.



AARP Smart Driver Course

Why Take a Driver Safety Course?

"Because driving has changed since you first got your license"

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving ability.
- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others' driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

**** Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.**

Learn more by signing up to take the AARP Smart Driver Course. **The classroom course costs \$20 for AARP members and \$25 for non-members (cash or check only).** Please bring a valid Michigan Driver License and an AARP card, if you have one.

Upcoming AARP Smart Driver Course

Course Location:

**Leelanau County Senior Services
8527 E Gov't Center Dr., Suttons Bay**

To reserve a seat today:

**Contact LCSS at (231) 256-8121
Leelanau County Senior Services**

**Space is limited*

August 16, 2022 and August 17, 2022

Both sessions: 12:30PM-4:30PM

**8 hour course: must attend both sessions*

To locate other courses in your area, visit aarp.org/driving36 or call (888) 773-7160.

Since 1979 AARP Driver Safety has helped older drivers stay safer, be educated and remain confident behind the wheel.

Things to be aware of...

Food Pantries:

Leelanau Christian Neighbors is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

The Empire Food Pantry is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

The Leelanau County Register of Deeds wants residents to be aware of new right-to-list contracts being offered by the realty company, MV Realty based out of Florida.

The Record Eagle ran an article on the front page of the paper in on June 12, 2022. This type of contract is being called a Homeowner Benefit Program. The contract offers a homeowner a small amount of money ranging between \$500.00 and \$5, 000.00 up front with the understanding that their realty company would have the exclusive right to sell their home for a commission of six percent. It is standard to have an agreement with a realtor to list your home for up to 12 months.

What is concerning about the contract with MV Realty is that the agreement is for 40 years. If your home is foreclosed on during those forty years, listed by another realty company, or listed for sale by owner the contract states that the owner would then owe the realty company an early termination fee equating to three percent of the home's fair market value.

Leelanau County Register of Deeds has not had any of these agreements filed with their office at the date of this publication, but Grand Traverse County Register of Deeds has had a few.

The Better Business Bureau has logged a number of complaints against MV Realty in the past three years, and there are records of civil lawsuits being filed against them in several states.

Leelanau County Register of Deeds urges you to have a clear understanding of the terms of any agreement you sign in regards to your home. If you have any questions or concerns, you can contact the Register of Deeds office at (231) 256-9682.

Picnic

Join LCSS for a picnic and fellowship at

North Park in Suttons Bay

the north end of the village of Suttons Bay (on the water)

Thursday, August 18, 2022

at 12:00 p.m.

Vouchers \$5.00 available at LCSS

The \$5.00 cost covers the lunch which includes your sandwich, veggies, beverage and dessert.



Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Grand Traverse County Chapter Disabled American Veterans

(Coordinates
transportation to VA
medical facilities)
1-231-313-9357

VA Clinic

(Health Care)
1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)
1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)
1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

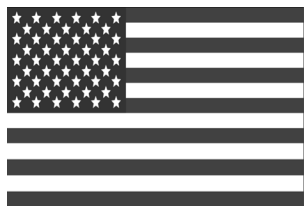
Veterans In Crises

(850) 294-3230

veteransincrisis.org

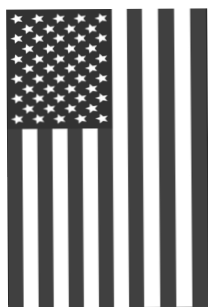
A community-Based Effort to
Help Veterans in Northern
Michigan

American Flag Etiquette



When the flag is displayed on the flag
pole, it should be raised quickly
and lowered slowly.

The flag should never touch the ground.



To display the flag horizontally,
the blue square must be on the
upper left side from the viewer's
point of view.

It is proper to fly the flag at night,
but only if it is spotlighted.

July 4, 2022

Flag Raising Ceremony: 10:00 a.m. - 11:00 a.m.

Old Settler's Park

South Dunns Farm Road (County Rd 675)

Empire Township, MI

Parade: 12:00 p.m. - 2:00 p.m.

Downtown Glen Arbor

Glen Arbor, MI

Parade: 3:00 p.m. - 4:00 p.m.

Downtown Leland

Leland, MI

Boat Parade: 4:00 p.m. - 6:00 p.m.

Glen Lake Yacht Club

6617 Sunset Dr

Glen Arbor, MI



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U.S. POSTAGE
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TRAVERSE CITY, MI
PERMIT #568

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

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